

November



BREAKFAST IN THE CLASSROOM

Early Childhood Education and Kindergarten

ENTREES

SIDES

Monday | 8

- Assorted Cereal & Whole Grain Graham Crackers
-  Fresh Apple Slices Nonfat or 1% White Milk

Tuesday | 9

- Cheese Omelet & Biscuit
- All-Mixed-Up Fruit Cup
- 100% Apple Juice Nonfat or 1% White Milk

Wednesday | 10 : Pumpkin Bread Mandarin Oranges Nonfat or 1% White Milk

Thursday | 11 NO SCHOOL

Friday | 12

- Fruit & Yogurt Parfait
- Diced Peaches
- Nonfat or 1% White Milk



= Vegetarian



= Vegan



= Locally Sourced

Student's choice of skim or 1% hormone-free milk provided at every meal

Food Celebrations

Welcome Back! Here are some exciting ways to stay engaged with your food this school year.

Super Bites 11/10

Fall Harvest/Holiday

Meal 11/23

International food day

11/9

Chickpea and Potato Curry

Open Meal Sites

Ballou High School
Columbia Heights
Education Campus

This menu is subject to change based upon availability

*Assorted Cereals – Cheerios, Rice Chex, Cinnamon Chex


*Assorted Muffins – Apple, Blueberry

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	ENTREES	SIDES
Monday 15	<ul style="list-style-type: none">Assorted Cereal & Whole Grain Graham Crackers	<ul style="list-style-type: none">Mandarin Oranges100% Orange JuiceNonfat or 1% White Milk
Tuesday 16	<ul style="list-style-type: none">Whole Grain Bagel w/ Cream Cheese	<ul style="list-style-type: none">Chilled Pineapples TidbitsNonfat or 1% White Milk
Wednesday 17	<ul style="list-style-type: none">Whole Grain Biscuit & JellyTurkey Sausage Biscuit Sandwich	 <ul style="list-style-type: none">Fresh Apple SlicesNonfat or 1% White Milk
Thursday 18	<ul style="list-style-type: none">Zucchini Bread	<ul style="list-style-type: none">All-Mixed-Up Fruit CupNonfat or 1% White Milk
Friday 19	<ul style="list-style-type: none">Assorted Muffins	<ul style="list-style-type: none">ApplesauceNonfat or 1% White Milk

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Monday | 22

- Assorted Cereal & Whole Grain Graham Crackers
- Fresh Apple Slices Nonfat or 1% White Milk

Tuesday | 23

- Cheese Omelet & Biscuit
- All-Mixed-Up Fruit Cup
- 100% Apple Juice Nonfat or 1% White Milk

Wednesday | 24 NO SCHOOL

Thursday | 25 NO SCHOOL

Friday | 26 NO SCHOOL



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Monday 29	<ul style="list-style-type: none"> Assorted Cereal & Whole Grain Graham Crackers 	<ul style="list-style-type: none"> Mandarin Oranges 100% Orange Juice Nonfat or 1% White Milk
Tuesday 30	<ul style="list-style-type: none"> Whole Grain Bagel w/ Cream Cheese 	<ul style="list-style-type: none"> Chilled Pineapples Tidbits Nonfat or 1% White Milk
DECEMBER		
Wednesday 1	<ul style="list-style-type: none"> Whole Grain Biscuit & Jelly Turkey Sausage Biscuit Sandwich 	<ul style="list-style-type: none"> Fresh Apple Slices Nonfat or 1% White Milk
DECEMBER		
Thursday 2	<ul style="list-style-type: none"> Zucchini Bread 	<ul style="list-style-type: none"> All-Mixed-Up Fruit Cup Nonfat or 1% White Milk
DECEMBER		
Friday 3	<ul style="list-style-type: none"> Assorted Muffins 	<ul style="list-style-type: none"> Applesauce Nonfat or 1% White Milk



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